

# A Model Navy Tobacco Cessation Program

1. Tobacco cessation is one component of a comprehensive Health Promotion Program, which is fully supported and funded by the command.
2. Awareness, prevention, education and intervention programs address the concerns and needs of all tobacco (cigarettes, cigars, pipes, spit/dip/smokeless) users.
3. Health Care Providers and Medical Personnel follow evidence based Tobacco Cessation Clinical Practice Guidelines (DoD/VA TUC) as part of Best Practices.
4. The Tobacco program offers continuum of care services including awareness, education and intervention activities. Treatment includes a variety and number of proven self-help, behavioral, psychological and pharmacological approaches, which address all types of tobacco usage.
5. Assessment of the individuals willingness and readiness for change is standard practice; and matching their stage of change with the appropriate interventions helps to facilitate behavior change.
6. Standardized, professionally developed, and empirically validated interventions are the treatment of choice.
7. Trained tobacco cessation facilitators follow a prescribed intervention program and receive consultation and supervision. An adequate number of facilitators are available to meet patient demand with manageable group sizes.
8. Tobacco activities, interventions and cessation groups are offered at times and locations most convenient for patients.
9. Follow up of all tobacco participants at regular intervals (three and six months post treatment) to obtain verifiable outcome data on success and relapse is essential. The collection and reporting of outcome data is done on a consistent basis.
10. Ongoing analysis, review and evaluation of the effectiveness of the tobacco program components is standard practice.

